

**Amendments to the Specification:**

Page 1; immediately after the title, add the following new paragraph:

**CROSS-REFERENCE TO RELATED APPLICATIONS**

The present Application is a 371 of International Patent Application No. PCT/NZ2004/000234, titled "Heating and Defrosting Methods and Apparatus," filed September 28, 2004, which claims priority from New Zealand Patent Application No. 528678 filed October 6, 2003, the contents of which are incorporated in this disclosure by reference in their entirety.